



Office of Rehabilitation Services

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Health and Wellness Matters

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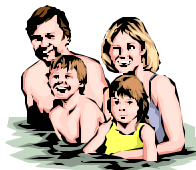
www.ors.ri.gov

Ask the Doctor By "Dr. Conklin"

Please note the location of the new first aid kit in the 3rd floor reception area. Take a few minutes to familiarize yourself with the contents of the kits located on the 3rd, 4th, 5th and 6th floor. The American Red Cross also gives you suggestions for putting together first aid kits for your home and car at their website - www.redcross.org, as well as other informative summer health and safety tips.



The best way to stay safe and in shape is to learn to swim! You can contact the local Red Cross chapter or YMCA for a swim course near you. Remember to never swim alone, pay attention to the weather, always use a feet-first entry into the water, and do not mix alcohol with swimming or other water sports. If you have a home pool, keep basic lifesaving equipment (personal flotation devices, pole, rope) nearby, install a phone or keep a cordless phone nearby to call 9-1-1 in the event of an emergency, and keep toys away from the pool when not in use so they do not attract young children. If a child is missing, check the pool first! Also, don't forget sunscreen, drink plenty of water, stay safe and have fun!



On **Wednesday, June 29th**, Governor and Mrs. Carcieri kicked off the State Employee Wellness Initiative at the State House with a speaking program, an introduction of the wellness champions, followed by a walk around the State House led by the Governor & Mrs. Carcieri.

Health & Wellness Committee

- ♦ *Medical Consultant* - Dr. Elizabeth Conklin, X363
- ♦ *Advisor* - Steve Brunero, X354
- ♦ *Chair* - Sharon Morra, X335
- ♦ *Newsletter Editor* - Elinor Pickering, X331
- ♦ *Layout* - Sharon DiPinto, X318

Visit the new RI State Employee Worksite Wellness Initiative Website at:
<http://www.ri.gov/development/WELLNESS/initiatives/>

Healthy Choices— "Recipes for the Heart from the Heart"

Delicious Summer Salad

Arugula, washed and dried 6 cups	Fresh basil leaves, 2 cups, sliced thin
Fresh corn, 2 cups removed from the cob	Cherry tomatoes - 1 cup sliced in half
Olive oil - 4 Tbsp.	Fresh lemon juice - 2 Tbsp.
Garlic -1 minced clove	Salt & Pepper to taste
Garlic bread - 4 large slices	

In a bowl, combine the arugula, basil, corn and tomatoes. Toss well.

Arrange on 4 chilled large plates.

In a small bowl, combine the oil, lemon juice & garlic, add salt & pepper. Whisk well.

Drizzle dressing over salads & garnish with garlic bread.

Submitted by: Dr. Elizabeth Conklin

Health and Wellness Calendar of Events

Aloha!

Get out your muumuu's, Hawaiian dress shirts and shades to wear to our Hawaiian Dress Down Day on **Friday, July 22nd at 2 pm**. Dr. Litchman will demonstrate techniques for relaxation you can use at work or elsewhere. The menu includes fruit smoothies and healthy snacks. The more festive you are dressed, the more "leis" you can acquire. Plan to join us for a relaxing trip to a tropical island (in the 4th floor lunch room).



ORS Annual Picnic/Family Day

This year's event will be held on **Saturday, July 23rd at Scarborough Beach South (old Olivo's side)**. You can load your vehicle with friends and relatives for \$7. Picnic tables and grills will be available. Bring a main food item for yourself and a dish to share - salads, desserts, etc. Soft beverages will be provided. Sports coordinator, Melanie Sbardella (x338) and Debbie Cannon (x259) will initiate the **Washer Tournament at 1:00 p.m.** There will be prizes for the winners. So plan to come, bring your significant others, wear your sunscreen and have fun! If you're uncertain about the weather, Sharon Morra will leave a message on her voicemail at 421-7005 x335. Heavy rain date is Sunday, July 30th.

If you can contribute food or time for either event, contact Sharon Morra x335 or Kristy Moles x339.

Come Join Us!

The Health & Wellness Committee knows that all of you have great ideas for how we can all lead healthier lives. Join us at a future meeting of the Health & Wellness Committee, which will be held on the 5th floor on the following Fridays.

July 1st - 2:00 pm, **July 15th** - 11:00 a.m., **July 29th** - 10:00 a.m., **August 12th** - 2:00 p.m., and **August 26th** - 2:00 p.m.

Dress Down Days

Future dates to help you plan your summer work wardrobe. It's just \$1 & your money goes to charity.

July 1st, July 22nd - Hawaiian Day, August 5th, August 19th, September 2nd, September 16th & September 30th

New Committee Members from DDS

Debbie Cannon
and Nancy Tasca



Worksite Wellness Walks & More

Steve Brunero represented ORS along with three DHS offices at the East Bay Bike Path on Saturday, June 11th. This event, sponsored by Bradley Hospital, was a great way to get exercise and network with other agencies. Other wellness walks scheduled are on the Department of Health website at www.health.ri.gov and include:

7/16/05 - 9 a.m. - Butler Hospital Campus

8/20/05 - 9 a.m. - Slater Park, Pawtucket

9/10/05 - 10 a.m. - John Dionne Track,
Cumberland Rd., Woonsocket

Don't forget to take the Personal Health Assessment at the United Healthcare website at www.MYUHC.com.

Health and Wellness Past Events

Worksite Wellness Bronze Award

We did it! ORS was one of four companies in Rhode Island to win the Bronze Award for Worksite Wellness from the Rhode Island Chamber Industry and the Greater Providence Chamber of Commerce. A plaque was presented to Ray Carroll and Melanie Sbardella at a breakfast ceremony on May 26th. Accepting the 2005 Outstanding Worksite Health Award was Roberta Accetturo and Melanie Sbardella. Thanks to everyone who contributed in any way.



CPR & First Aid Training

Do you know what to do if someone collapses and stops breathing? Yes, call 911. What else? Ray Carroll, Gary Wier, Susan Shapiro, Roberta Accetturo, Sue Silva, JoAnn Nannig, Ron Racine, Jillian Rivers and Melanie Sbardella know what to do. They were recently instructed in this life-saving procedure by the American Red Cross!